



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# YOUTH SWIM LESSONS 2019

**Winter I Session: Jan. 7th - Feb. 16th: 6 week session**

**Winter II Session: Feb. 25th–April 13th: 6 week session**

Break week March 11-16

**Registration:**

**Winter I:**

Members: Dec. 17th  
 Program Members: Dec. 18th

**Winter II:**

Members: Feb. 18th  
 Program Members: 19th

**Private Swim Lessons:**

One-on-one swim instructions tailored to your needs. Half hour sessions.  
 Contact Jacque Petersen for more information. 641-422-5999  
 Cost: \$21 Y Members  
 \$36 Program Members

**Aquababies/Aqua Shrimps:**

FREE! Y Members  
 \$38 Program Members

**One Day Swim Class Cost:**

\$19 Y Members  
 \$49 Program Members

**Two Day Swim Class Cost:**

\$21 Y Members  
 \$59 Program Members

**Fall Hours:**

Monday-Friday: 5:00am-9:00pm  
 Saturday: 7:00am-5:00pm  
 Sunday: 1:00pm-6:00pm

**The Aquatic Center closes 30 minutes before the Y closes.**

Monday	Tuesday	Wednesday	Thursday	Saturday
				Saturday Class 9:45-10:30am <b>Fish Flying Fish Shark</b>  Saturday Class 10:30-11:15am <b>Polliwog Guppy Minnow</b>  Saturday Class 11:15-11:45am <b>Pike Eel Ray</b>
<b>Adult Time is held in the pool every M-F from 3:00-3:30pm.</b>				
M/W Class 3:45-4:30pm <b>Polliwog Guppy</b>	T/TH Class 3:45-4:30pm <b>Polliwog Guppy</b>	M/W Class 3:45-4:30pm <b>Polliwog Guppy</b>	T/TH Class 3:45-4:30 pm <b>Polliwog Guppy</b>	
M/W Class 4:30-5:15pm <b>Minnow Fish</b>	T/TH Class 4:30-5:15pm <b>Polliwog Guppy Minnow</b>	M/W Class 4:30-5:15pm <b>Minnow Fish</b>	T/TH Class 4:30-5:15pm <b>Polliwog Guppy Minnow</b>	
Monday Class 6:15-6:45pm <b>Pike Ray</b>		Wednesday Class 6:15-6:45pm <b>Pike Ray</b>	Thursday Class 6:15-6:45pm <b>Aquashrimps</b>	
Monday Class 6:45-7:15pm <b>Eel Starfish</b>		Wednesday Class 6:45-7:15pm <b>Pike Eel</b>	Thursday Class 6:45-7:15pm <b>Aquababies</b>	
M/W Class 7:15-7:45pm <b>Polliwog Guppy</b>		M/W Class 7:15-7:45pm <b>Polliwog Guppy</b>		
M/W Class 7:45-8:15pm <b>Minnow Fish Flying Fish</b>		M/W Class 7:45-8:15pm <b>Minnow Fish Flying Fish</b>		

# PRIMARY LESSONS (6 MONTHS—5 YEARS)

## Aqua Babies: Ages 6 months-2 years

Classes are designed to allow the child to have fun in the water through guided instruction with parents. The child will be exposed to games that use basic movements in the water such as kicking, arm strokes, and breath control. Activities are based on the developmental abilities of the child. Aqua Babies classes are held in the warm-water therapy pool.

## 3-5 Aqua Shrimps: Ages 3 years to 5 years



This is a parent/child class which helps acquaint the very young child with the joys of water. As the class progresses, the instructor slowly begins working more individually with children on skills to help ready them for preschool classes without parents.

# PRESCHOOL LESSONS (3 YEARS-5 YEARS)

**Pike —LEVEL 1** This level helps children learn safe pool behavior, adjust to the water, and develop independent movement through stroke and kicking skills. They become comfortable putting their face in the water while doing these skills.



pike

**Ray —LEVEL 3** Children at this level review floats on both front and back. They will also kick with a kickboard the length of the pool, improve on over-arm recovery and learn adjustment to deep water.



rays

**Eel —LEVEL 2** This advanced beginner level is for children who are comfortable and more independent in the water. They are taught to flutter kick, float and the over-arm recovery stroke.



eel

**Starfish —LEVEL 4** Children review and improve previous skills, build endurance, learn to tread water and perform more progressive diving skills. Children swim half-way across the pool doing front and back crawl without assistance by the end of this level.



starfish

# PROGRESSIVE LESSONS (6 YEARS & UP)

**Polliwog-LEVEL 1** This is the beginning level for school age children. By the end of this level, they should know their front and back floats, paddle stroke and over-arm recovery stroke. Students also learn the survival float and treading water. Red Cross Level 1 & 2. Equal to Red Cross Levels 1& 2.



polliwogs

**Flying Fish —LEVEL 5** At this advanced level, students work on open medleys consisting of front and back crawl, butterfly and breaststroke. Students tread water and survival float longer to increase endurance. Equal to Red Cross Level 6.



flying fish

**Guppy —LEVEL 2** This level continues to build upon basic skills such as mastering the paddle stroke, treading water and the survival float. Students are introduced to the front and back crawl. Equal to Red Cross Level 3.



guppies

**Shark —LEVEL 6** The students at this level continue to improve their strokes with starts, turns and dives, they learn the sidestroke and the lifesaving medley. Students learn basic first aid and treatment for shock. Equal to Red Cross Level 6.



shark

**Minnow-LEVEL 3** This is the first intermediate level. Children refine their front and back crawl strokes they have learned as their skills become more like those normally used in swimming. They start to learn their breaststroke kick and diving skills. Equal to Red Cross Level 4



minnows

**Porpoise Club —LEVEL 7** This is the final level. Students are exposed to a wide range of aquatic experiences. In the class, these advanced swimmers learn new strokes and rescue skills as well as develop leadership skills through volunteer experiences. Must have completed Level 6 to register for this class.



porpoise

**Fish-LEVEL 4** Students work to perfect the front crawl, elementary backstroke, back crawl, breaststroke kick and butterfly kick. Equal to Red Cross level 5.



fish